

May

## Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: 3<sup>rd</sup>-5<sup>th</sup> Grade

WEEK	Foods of the Month (FoM) <b>Eggs</b> National Egg Month! <b>Fresh Beans</b> Green beans, lima beans, edamame	FoM Coloring & Activity Sheets  (NOTE: Sheets listed below can be done in any order.)	Fun, Experiential Activities!  (NOTE: Activities listed below can be done in any order.)	USDA MyPlate and Other Fun, Healthy Activities!  (NOTE: Activities listed below can be done in any order.)	Fun Being Active!  Check off each day when you lead organized physical activity!
1	<input type="checkbox"/> Send home FoM newsletter – Eggs and Fresh Beans! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Amazing Egg Maze (3-5) <input type="checkbox"/> Fresh Bean Word Search (3-5)	<input type="checkbox"/> Raw or Boiled (K-5) <input type="checkbox"/> Grow A Bean (K-5) <input type="checkbox"/> Fun Simple Physical Activities (K-5)	<input type="checkbox"/> F&V Grocery Store Scavenger Hunt (read & send home with children) <input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5)	<input type="checkbox"/> Monday - Go over “Tracking Exercises” ask kids to track and bring back Friday (K-5) <input type="checkbox"/> Tuesday - Read BeAFitKid (3-5) <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Egg and Spoon Race
2	<input type="checkbox"/> Read the FoM newsletters to the children, ask them if they ate these foods last week <input type="checkbox"/> Conduct a food tasting with eggs prepared different ways! (See newsletter for recipes!)	<input type="checkbox"/> UnScramble Eggs (3-5) <input type="checkbox"/> Soy Maze (3-5)	<input type="checkbox"/> Egg Bubbles (K-5) <input type="checkbox"/> Bumble Beans (K-5) <input type="checkbox"/> Family Physical Activity Word Search & Tracking (K-5)	<input type="checkbox"/> Vary Your Protein Food Choices (3-5) <input type="checkbox"/> Word Blanks – Focus on Eggs and Fresh Beans!	<input type="checkbox"/> Monday - Tracking Exercises” ask kids to track and bring back Friday (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday - Life Cycle of a Bean (2-5) <input type="checkbox"/> Friday – Egg and Spoon Race
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about eggs and fresh beans - and if they consumed them last week!	<input type="checkbox"/> Egg Word Search (3-5) <input type="checkbox"/> Soy Word Search (3-5)	<input type="checkbox"/> Bouncing Eggs (K-5) <input type="checkbox"/> SubmaBeans (K-5) <input type="checkbox"/> What Changes My Pulse (K-5)	<input type="checkbox"/> Two Bite Club Certificate if eggs and/or fresh beans are tasted this month!! <input type="checkbox"/> Nutrient Flash Cards (3-5)	<input type="checkbox"/> Monday - Tracking Exercises” ask kids to track and bring back Friday (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Egg and Spoon Race
4	<input type="checkbox"/> Conduct a food tasting with a variety of fresh beans! Ask them to try these healthy foods this week with their family!	<input type="checkbox"/> Mend the Eggs (3-5) <input type="checkbox"/> Scrambled Words (3-5)	<input type="checkbox"/> Naturally Colored Eggs (K-5) <input type="checkbox"/> How to Tell if Egg Has Expired (K-5) <input type="checkbox"/> Kids Track Activity (K-5)	<input type="checkbox"/> Finding Fiber Lesson-Fruit vs Juice (3-5) <input type="checkbox"/> My Plate Create Meal Menu Activity (2-5) <input type="checkbox"/> Ask Me What I Ate Today Bracelet	<input type="checkbox"/> Monday - “Tracking Exercises” ask kids to track and bring back Friday (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday - Life Cycle of a Bean (2-5) <input type="checkbox"/> Friday – Egg and Spoon Race

### Reminders!

- Check the website frequently to download fun activity sheets, view music, and for other updates! All files above are listed by name on the site.
- Try to do food-based activities weekly!
- Point to the Foods of the Month posters as you do activities in this lesson plan.